



أمانة للرعاية الصحية  
**Amana Healthcare**  
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# Wheelchair Service Training Package

Intermediate Level



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# Children and wheelchairs

Wheelchairs and extra postural support can help children to:



Move around



Eat by themselves



Communicate



Go to school



Play with their friends



**Early referral for wheelchairs and extra postural support is important.**



- **By the age of one** – many children are able to sit by themselves; and are pulling themselves up to stand



- **By the age of two** – many children are able to walk on their own

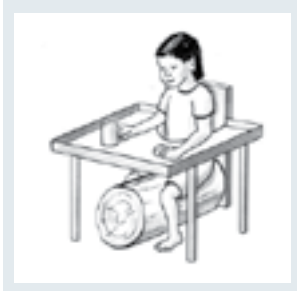
Children who are having difficulty doing these things may need a wheelchair and extra postural support. Refer for a wheelchair assessment.

## Different positions

Children who use a wheelchair and have limited ability to change their position or posture – need support in different positions during the day and night.

### Sitting

Some different ways to support children sitting closer to the floor are:



Sitting astride a log, roller or tightly rolled blanket.



Sitting with support from a family member/carer.



Sitting in a supportive seat which is low to the ground.

### Standing

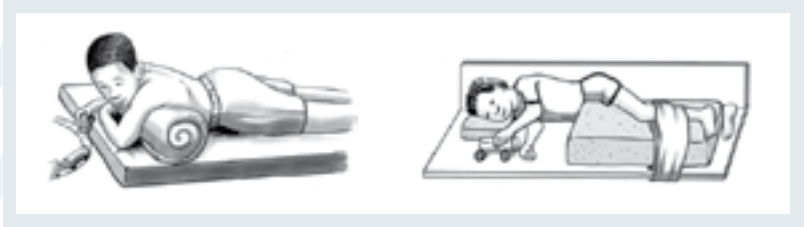
Standing helps to form the hip joints and the normal curves of the trunk/spine. Standing also stretches out the muscles around the hip, knee and ankle joints and helps to prevent these joints from becoming stiff.



When a child cannot stand independently, a standing frame can help.

## Lying

Provide support for children when lying to help them to play and sleep comfortably.



Blankets, foam, towels or pillows can be used to give support.

## Intermediate: Wheelchair user training checklist

Discuss with the wheelchair user: what do they know, and what would they like to learn? Use the checklist to remember key things to teach the wheelchair user.

### Wheelchair handling



- Folding and lifting the wheelchair
- Taking off and putting back on any PSDs that need to come off for transport
- Using quick-release wheels
- Using the brakes
- Tilting and anti-tip bars (if used)
- Correct position of PSDs when the wheelchair user is in the wheelchair
- Using the cushion including positioning correctly

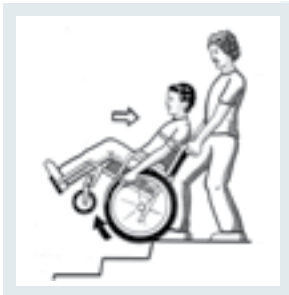
## Transfers



- Independent transfer or
- Assisted transfer Using quick-release wheels

Teach the most appropriate transfer method for the wheelchair user.

## Wheelchair use and mobility



- Pushing correctly using the wheelchair user's preferred method
- Up and down a slope
- Up and down a step
- On rough ground
- Partial wheelie
- How long to sit in the wheelchair (for children and adults with intermediate postural needs)
- Assisted pushing

## Preventing pressure sores



- Check areas of high pressure for pressure sores
- Pressure relief lifts
- Eat well and drink lots of water
- What to do if a pressure sore develops

## How to care for a wheelchair at home



- Clean the wheelchair; wash and dry the cushion and cushion cover
- Oil moving parts
- Pump the tyres
- Tighten nuts and bolts
- Tighten spokes
- Check upholstery
- Check for rust
- Check the cushion

## What to do if there is a problem

- Wheelchair needs repairs
- Wheelchair does not fit or is not comfortable

# Postural Support Device (PSD) Table

## Seat / cushion



Pre seat bone shelf



Lower seat front (one side)



Raised seat front



Wedge for anterior tilt



Build-up under pelvis



Pelvis side pads



Outside thigh wedges



Outside thigh pads



Inside thigh wedge



Knee separator pad

## Seat & backrest



Open seat to backrest angle



Seat & backrest tilt  
(tilt in space)

## Backrest



Rear pelvis pad



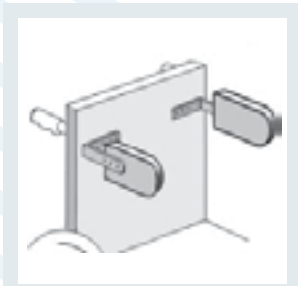
Adjust backrest shape



Tension adjustable backrest



Backrest recline



Trunk side pads



Trunk side wedges

## Tray



Open seat to backrest angle

## Head supports



Open seat to backrest angle



Seat & backrest tilt  
(tilt in space)

## Lower leg supports



Open seat to backrest angle



Seat & backrest tilt  
(tilt in space)

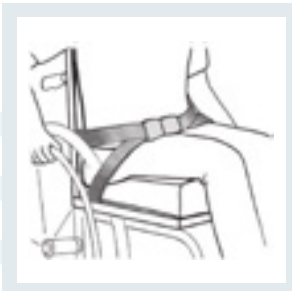


Open seat to backrest angle

## Straps



Pelvis strap



Anterior tilt four point strap



Calf strap



Foot straps



Shoulder harness



## Reference

- Khasnabis, Chapal, Mines, Kylie & World Health Organization. (2013). Wheelchair Service Training Package: Intermediate Level. World Health Organization. Document Number: WHO/NMH/VIP/DAR/13.0

